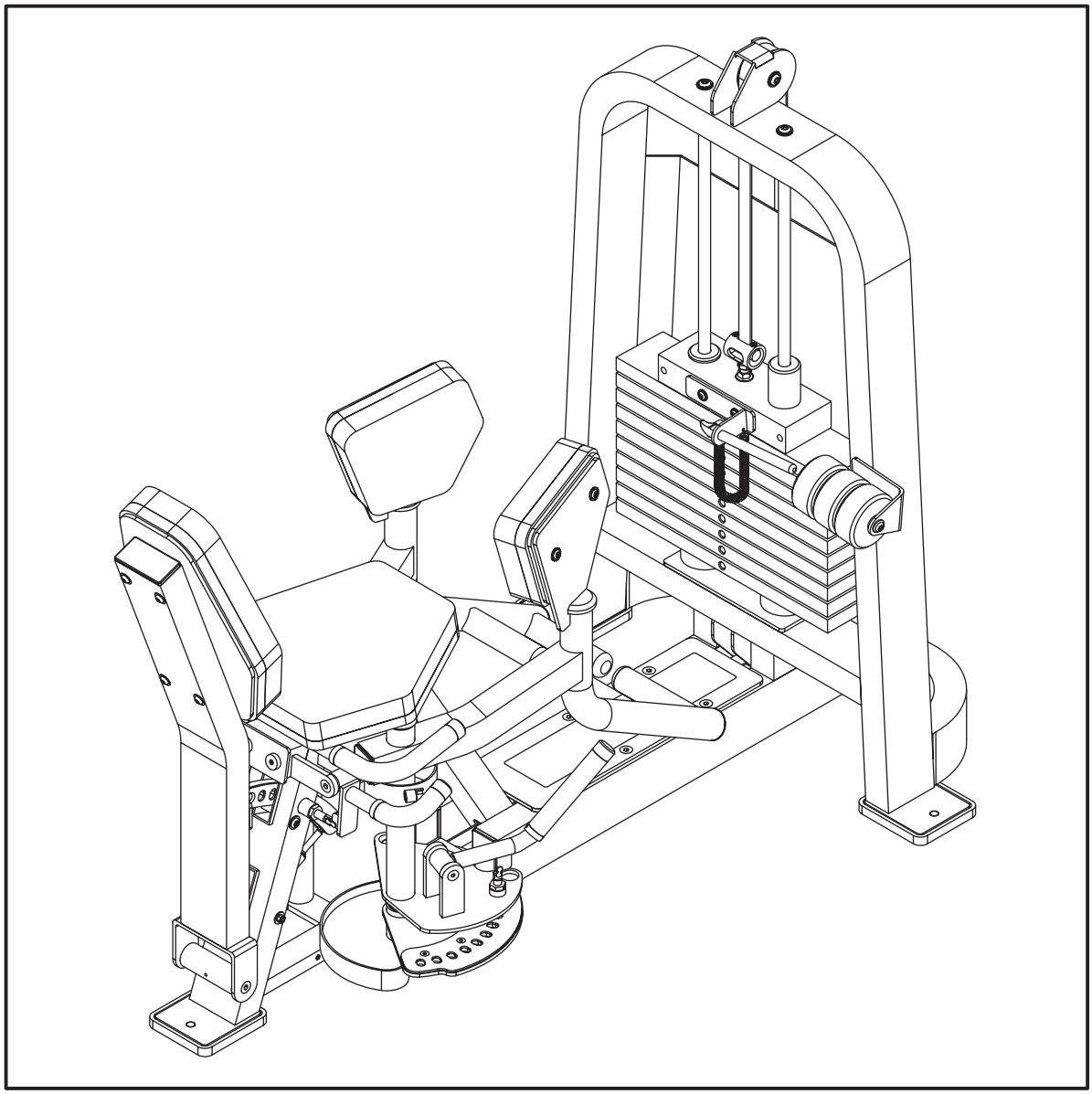
OWNERS MANUAL

HOIST®
FITNESS SYSTEMS

CL-2407



June 2000

Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service
(800) 548-5438
(619) 578-7676
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(619) 578-9558

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Step 1

INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the catalog. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this catalog when calling. When all parts have been accounted for continue on to Step 2.

TOOLS REQUIRED

Standard Allen Wrench Set
(2.5mm, 3/32" - 5/16")

Crescent Wrench

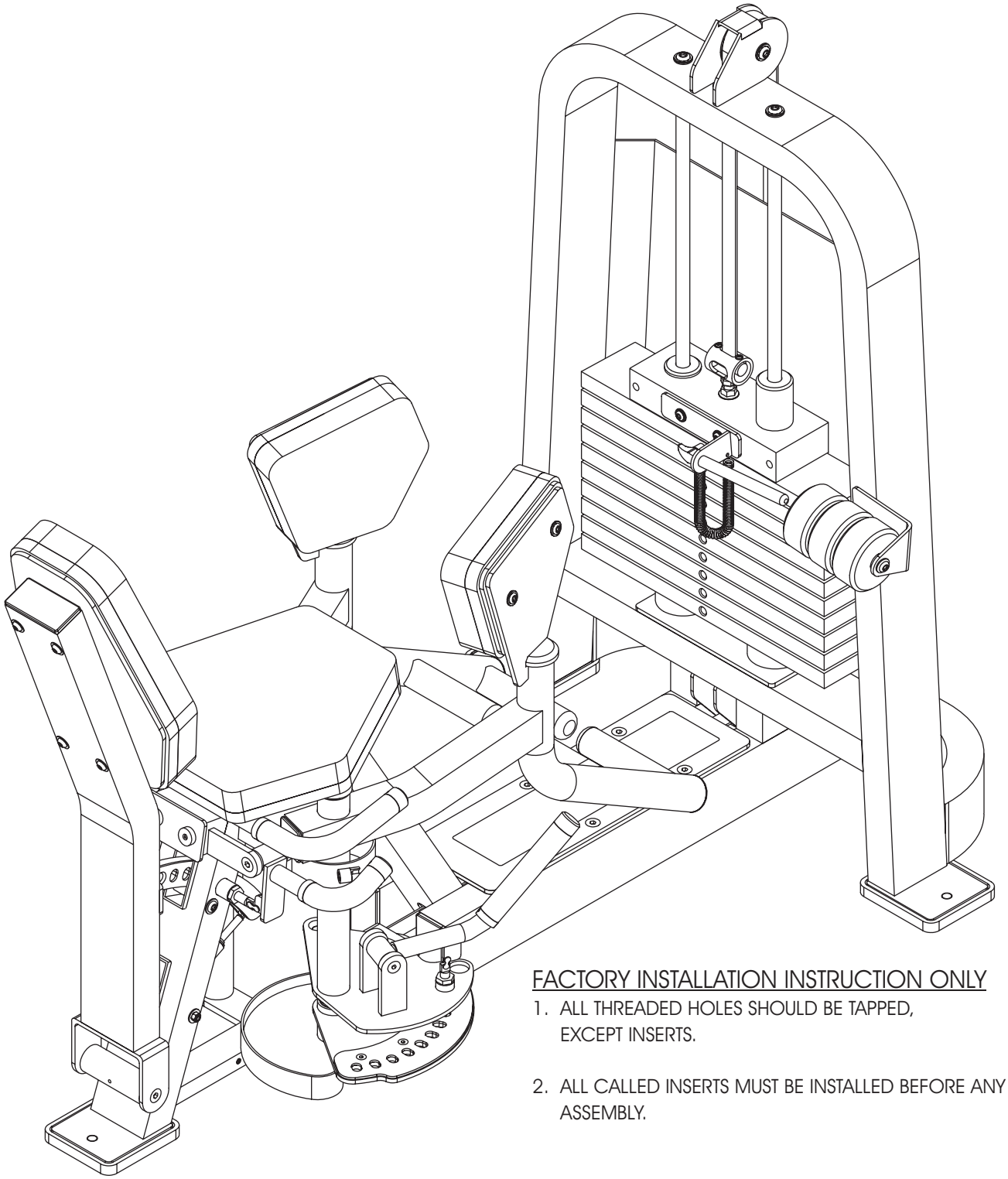
Belt Tensioning Wrench
(Hoist Tool SM374)

Rubber Mallet

Tape Measure

Step 2

FRAME ASSEMBLY



FACTORY INSTALLATION INSTRUCTION ONLY

1. ALL THREADED HOLES SHOULD BE TAPPED, EXCEPT INSERTS.

2. ALL CALLED INSERTS MUST BE INSTALLED BEFORE ANY ASSEMBLY.

Step 2a

FRAME ASSEMBLY

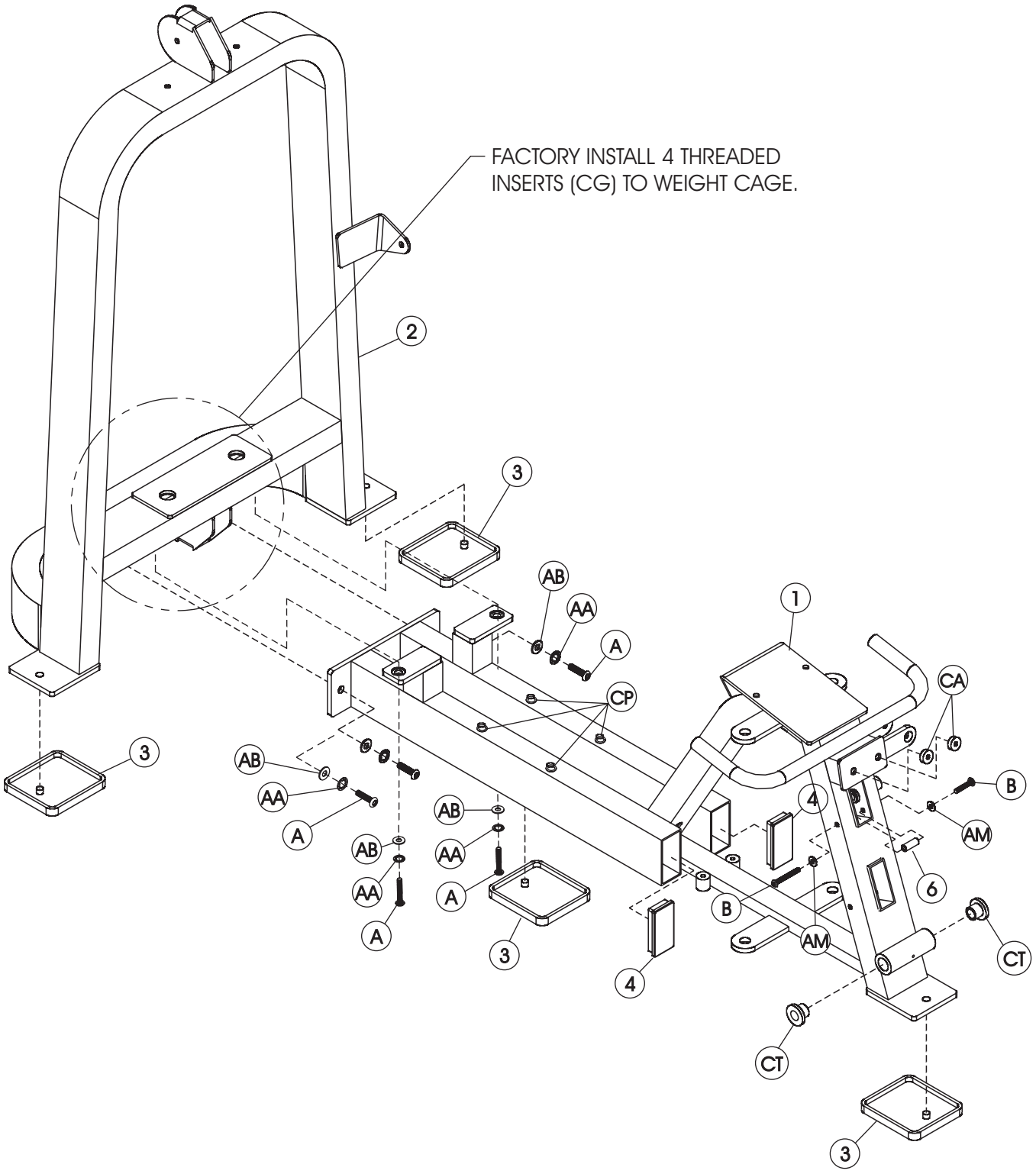
(Factory Installation) Insert (CG) and (CP) into (1) and (2). Attach (1) to (2). Then insert (6) into (1). Next attach (CA) and (4) to the rear of (1). ***Hand tighten*** bolts only, they will be tightened later. Lift machine to position (3).

Part Descriptions

1 - Seated Assembly
2 - Weight Cage
3 - Rubber Foot Pad
4 - 2"x 4" End Caps (VH)
6 - Shaft (1/2"Dia. x 1.240 LG.)

Hardware Descriptions

A - 1/2"-13 x 1 1/2" Button Head Screw (White Zinc)
B - 5/16"-18 x 2" Button Head Screw (White Zinc)
AA - 1/2" Lock Washer (White Zinc)
AB - 1/2" Flat Washer (White Zinc)
AM - 5/16" Flat Washer (White Zinc)
CA - Plug Bumper
CG - Insert 1/2"
CP - Insert 3/8"
CT - 3/4" Olite


FACTORY INSTALL 4 THREADED
INSERTS (CG) TO WEIGHT CAGE.
2
3
AB
AA
A
1
CP
CA
3
AB
AA
A
B
4
AM
AB
AA
A
6
AB
AA
A
B
AM
CT
3
4
CT
3

Step 2b

FRAME ASSEMBLY

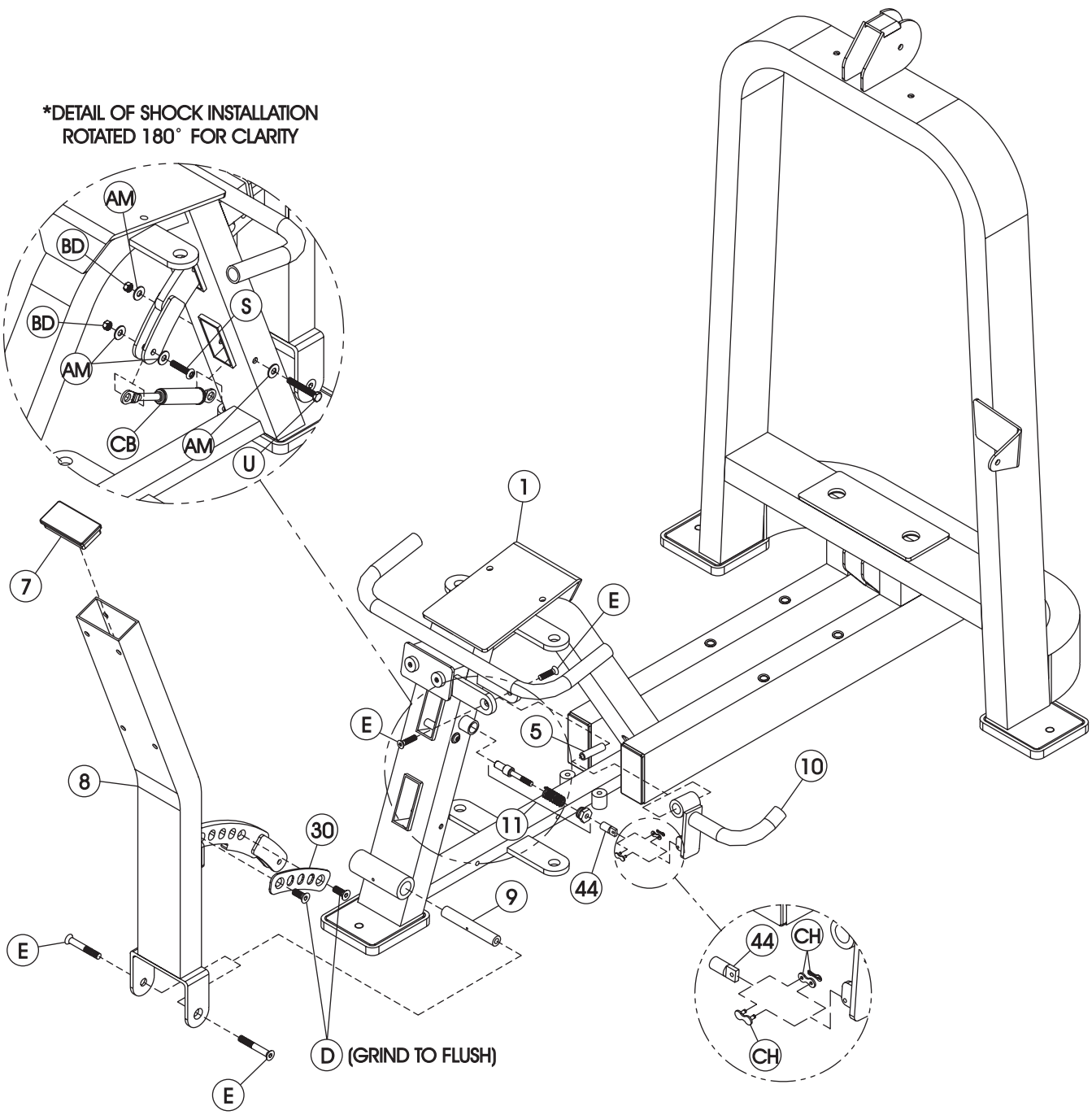
In this step, you will attach (30) and (7) to (8). Mount (CB) to (1) and (8) before attaching (9) and (8) to the bottom of (1). Next attach (5), (11), (44), (CH), and (10) to (1). ***Hand Tighten*** bolts only, they will be tightened later.

Part Descriptions

1 - Seat Assembly
5 - Shaft (1/2 Dia. x 1.240 LG.)
7 - 2"x 4" End Cap (HH)
8 - Back Adjuster Assembly
9 - Shaft (3/4"Dia. x 4 27/32 LG.)
10 - Back Adjuster Assembly
11 - Pull Pin (Long)
30 - Adjustable Plate
44 - Pull Pin to Chain Link Connector

Hardware Descriptions

D - 3/8"-16 x 1/2" Flat Head Cap Screw (White Zinc)
E - 3/8"-16 x 3/4" Flat Head Cap Screw (White Zinc)
S - 5/16"-18 x 1 1/4" Button Head Screw (White Zinc)
U - 5/16"-18 x 4 1/2" Hex Head Screw (White Zinc)
AE - 3/8" Flat Washer (White Zinc)
AM - 5/16" Flat Washer (White Zinc)
BD - 5/16" Lock Nut (White Zinc)
CB - Gas Spring
CH - Master Chain Link


*DETAIL OF SHOCK INSTALLATION
ROTATED 180° FOR CLARITY
AM
BD
BD
AM
S
CB
AM
U
1
7
E
E
5
8
10
30
11
44
9
44
CH
CH
E
D (GRIND TO FLUSH)
E

Step 2c

FRAME ASSEMBLY

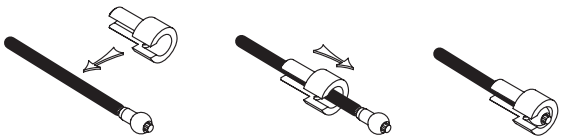
In this step, you will need to install (14) and (13) to both (15) and (16). Next insert (CC) into (15), (16) and (21). Now align (15) with (1), securing it with (17) and (CJ). Next attach the (45) to (21). Next align (16) and (21) to (1), securing them with (17) and (CJ). Attach (5), (20), (18), (44), and (CH) to (16). Next attach (41) and (40) to both (15) and (16). Finish off the assembly by attaching (19) to (21) and (CK) to (1). *Wrench tighten* all bolts.

Part Descriptions

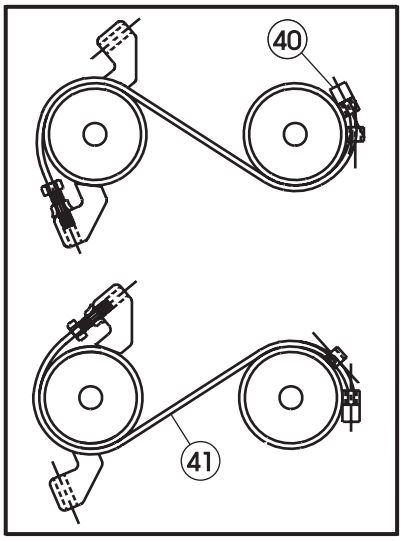
1 - Seat Assembly
5 - Shaft (1/2"Dia. X 1.938" LG.)
13 - 2"x 2" End Cap
14 - End Cap Plug
15 - Left Inner Thigh Assembly
16 - Right Inner Thigh Assembly
17 - Arm Axle (3/4"Dia. X 19.16" LG.)
18 - Pull Pin (Short)
19 - Cam Stopper
20 - Adjuster Handle Assembly
21 - ROM/CAM Assembly
40 - Quick Release Cable Locks
41 - Arm Cable
44 - Pull Pin to Chain Link Connector
45 - Adjustable Plate

Hardware Descriptions

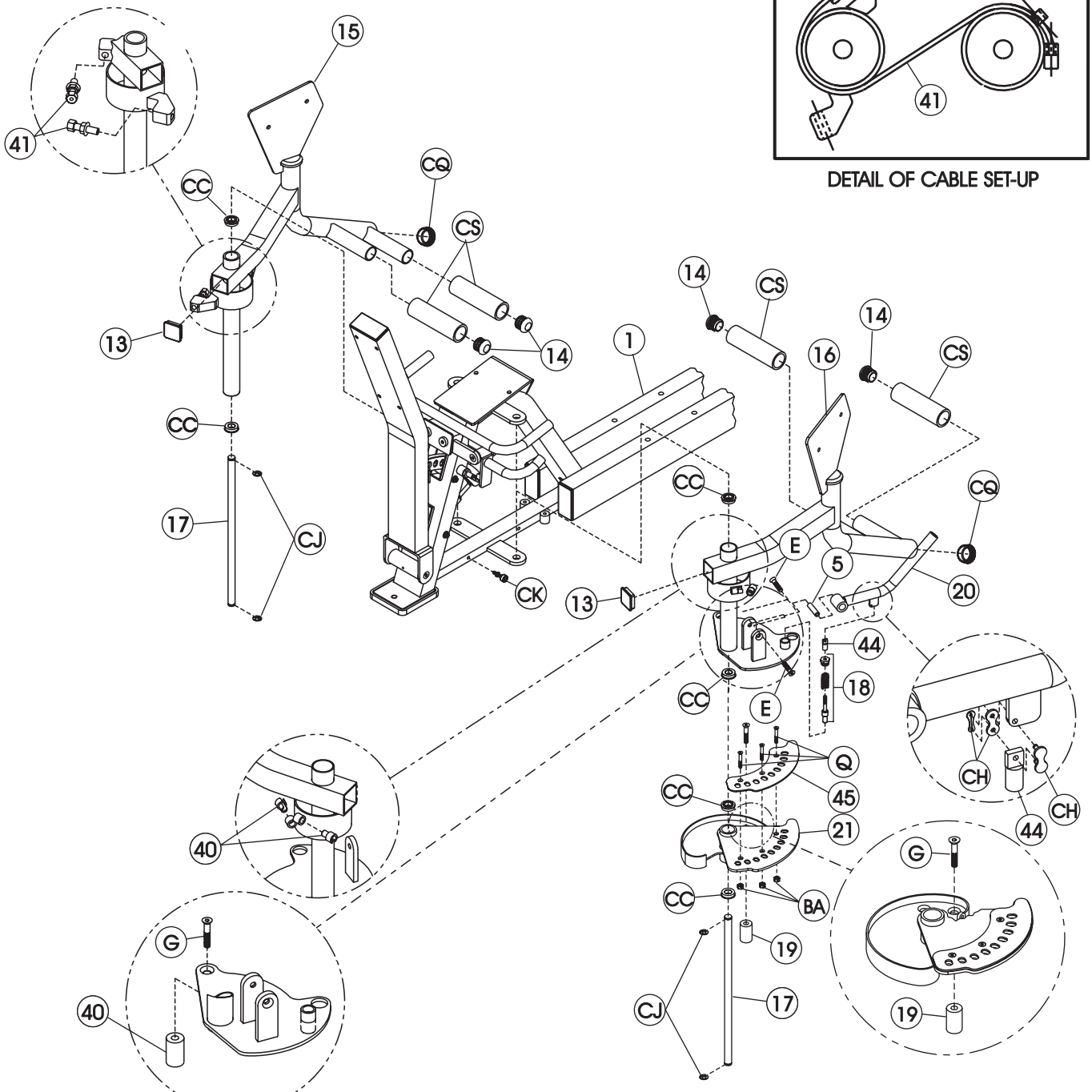
E - 3/8"-16 x 3/4" Flat Head Cap Screw (White Zinc)
G - 1/2"-13 x 1" Flat Head Cap Screw (White Zinc)
Q - 1/4"-20 x 1" Flat Head Cap Screw (White Zinc)
BA - 1/4" Lock Nut (White Zinc)
CC - Bearing
CH - Master Chain Link
CJ - 3/4" Retaining Ring
CK - Adjustable Stop
CQ - 2" Dia. End Cap
CR - Delrin Stop (Long)
CS - 4 3/4" LG Knurled Sleeves



Quick Release Cable Lock Assembly



DETAIL OF CABLE SET-UP



Step 2d

FRAME ASSEMBLY

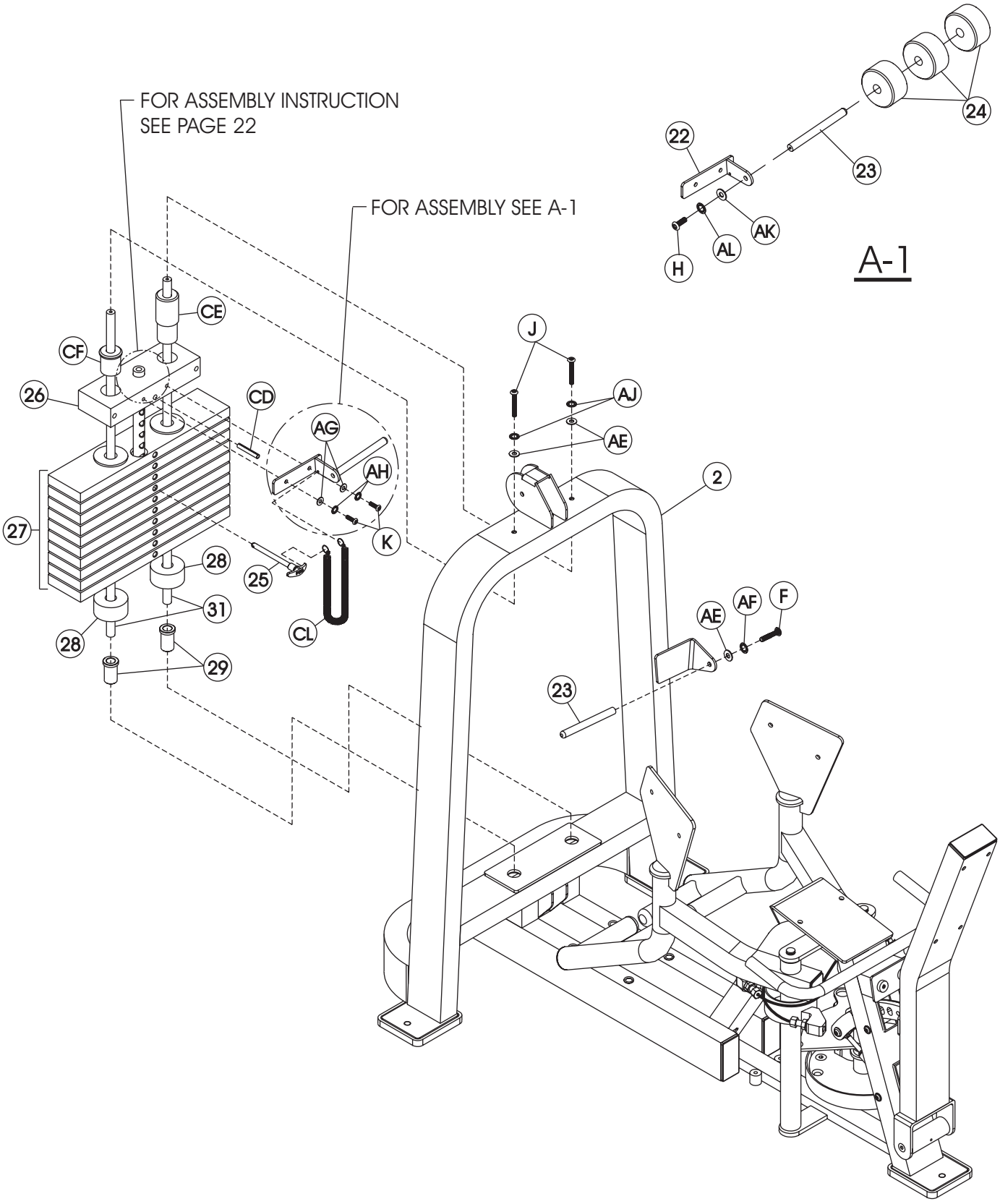
In this step, start by pressing (29) into (2). Place a (28) over the two holes in the bottom of (2). Now slide (31) into the holes. Slide (27) and the (26) onto (31). Make sure (26) and (27) and (31) are sitting level, then fasten the top of each (31) to (2). Next attach (23) to (22). Secure (22) to (26), slide on (24) and attach another (23) to the (2). Attach bigger end of the (CL) to (22), and the other end to (25). Then ***Wrench tighten*** bolts.

Part Descriptions

2 - Weight Cage
22 - Center RH (BRK) Assembly
23 - Add On Rods
24 - 5lbs. Add On Weight
25 - Weight Selector Pin
26 - 20lbs. Steel Weight Plate
27 - 20lbs. Intermediate Weight Plates
28 - Weight Bumper
29 - Guide Rod Bushing
31 - Guide Rods

Hardware Descriptions

F - 3/8"-16 x 1" Button Head Screw (White Zinc)
H - 3/8"-16 x 1" Button Head Screw (Black Zinc)
J - 3/8"-16 x 2 3/4" Button Head Screw (White Zinc)
K - 5/16"-18 x 1" Button Head Screw (Black Zinc)
AE - 3/8" Flat Washer (White Zinc)
AF - 3/8" Lock Washer (White Zinc)
AG - 5/16" Flat Washer (Black Zinc)
AH - 5/16" Lock Washer (Black Zinc)
AJ - 3/8" Split Washer (White Zinc)
AK - 3/8" Lock Washer (Black Zinc)
AL - 3/8" Flat Washer (Black Zinc)
CD - Top Weight Roll Pin
CE - Guide Bearing (Tall)
CF - Guide Bearing (Short)
CL - Selector Pin Lanyard


FOR ASSEMBLY INSTRUCTION
SEE PAGE 22
FOR ASSEMBLY SEE A-1
A-1
24
22
23
AK
AL
H
CE
CF
26
CD
AG
AH
K
27
28
25
31
28
29
CL
J
AJ
AE
2
AE
AF
F
23

Step 2e

FRAME ASSEMBLY

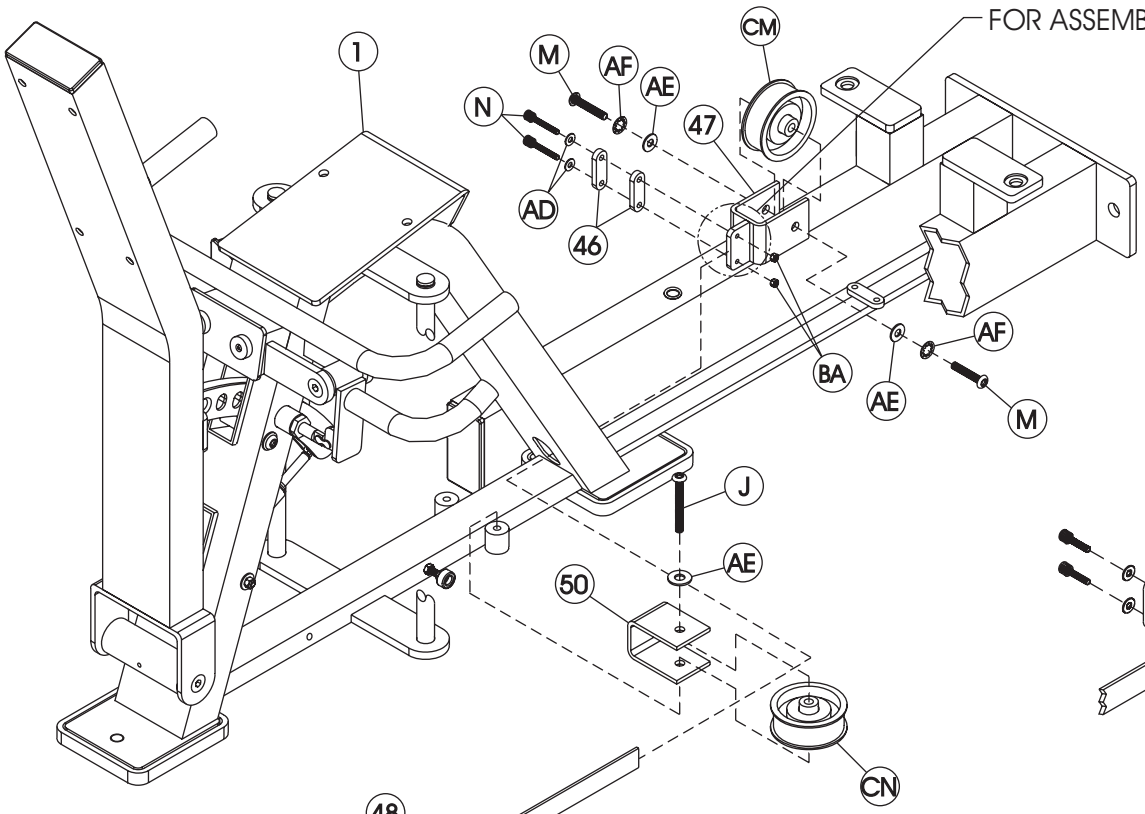
In this step, attach (CN) and the (50) to the (1). Now assemble (CM) and (47). Next you will need to secure (48) to (21) by sandwiching between two (46's). Now secure the other end of (48) to the rear of (47) in similar fashion. Insure (48)'s smooth side is facing ((21). Then *Wrench tighten* bolts including all previously hand tightened bolts.

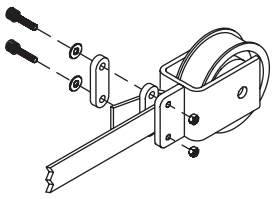
Part Descriptions

1 - Seat Assembly
21 - ROM/CAM Assembly
46 - Clamp
47 - Pulley Bracket
48 - Cam Belt 37"x 15/16"x 1/8"
50 - U-Bracket

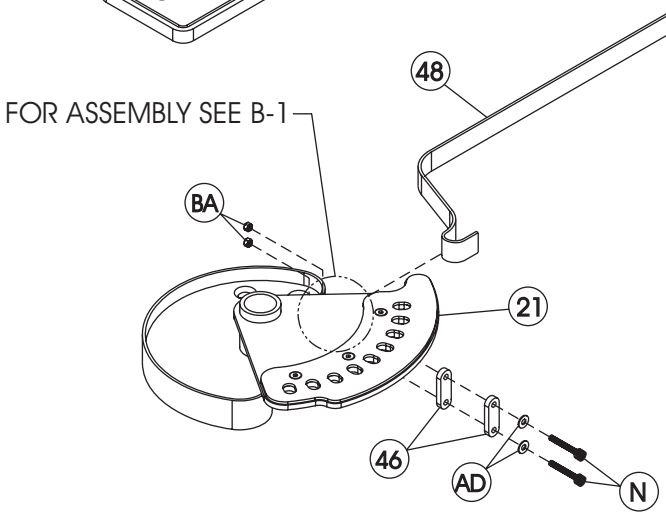
Hardware Descriptions

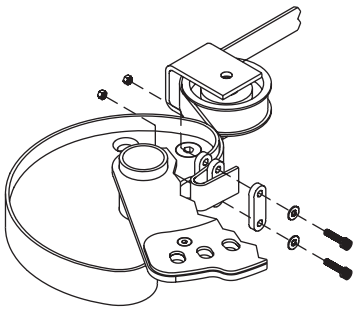
M - 3/8"-16 x 3/4" Button Head Screw (White Zinc)
N - 1/4"-20 x 1 1/4" Socket Head Screw (White Zinc)
J - 3/8"-16 x 2 3/4" Button Head Screw (White Zinc)
AD - 1/4" Flat Washer (Black Zinc)
AE - 3/8" Flat Washer (White Zinc)
AF - 3/8" Lock Washer (White Zinc)
BA - 1/4" Lock Nut (White Zinc)
CM - 3 1/4" Pulley
CN - 3 1/4" Pulley (Non-Threaded)



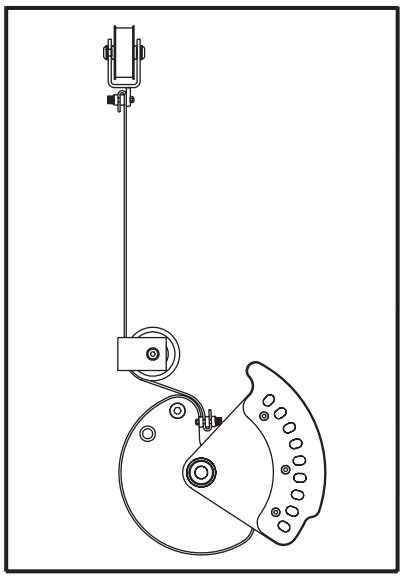


B-2





B-1



CABLE ROUTING DETAIL

Step 2f

FRAME ASSEMBLY

In this step, you will attach (CM) to the top and bottom of (2). Next attach one end of (51) using Detail B-2 as a guide. Thread (51) through its path and secure the other end by sandwiching between two (46's). Insure (51)'s smooth side is facing (CM). *Wrench tighten* bolts.

Part Descriptions

1 - Seat Assembly
2 - Weight Cage
26 - 20lbs. Steel Top Weight Plate
46 - Clamp
47 - Pulley Bracket
51 - Cam Belt 90"x 15/16"x 1/8"
54 - Belt Retainer Shaft
55 - 1 5/8"x 2 1/16" LG. Tube

Hardware Descriptions

M - 3/8"-16 x 3/4" Button Head Screw (White Zinc)
N - 1/4"-20 x 1 1/4" Socket Head Screw (Black Zinc)
R - 1/4"-20 x 1 1/4" Socket Head Screw (Black Zinc)
AC - 1/4" Flat Washer (White Zinc)
AD - 1/4" Flat Washer (Black Zinc)
AE - 3/8" Flat Washer (White Zinc)
AF - 3/8" Lock Washer (Black Zinc)
BA - 1/4" Lock Nut (White Zinc)
CM - 3 1/4" Pulley

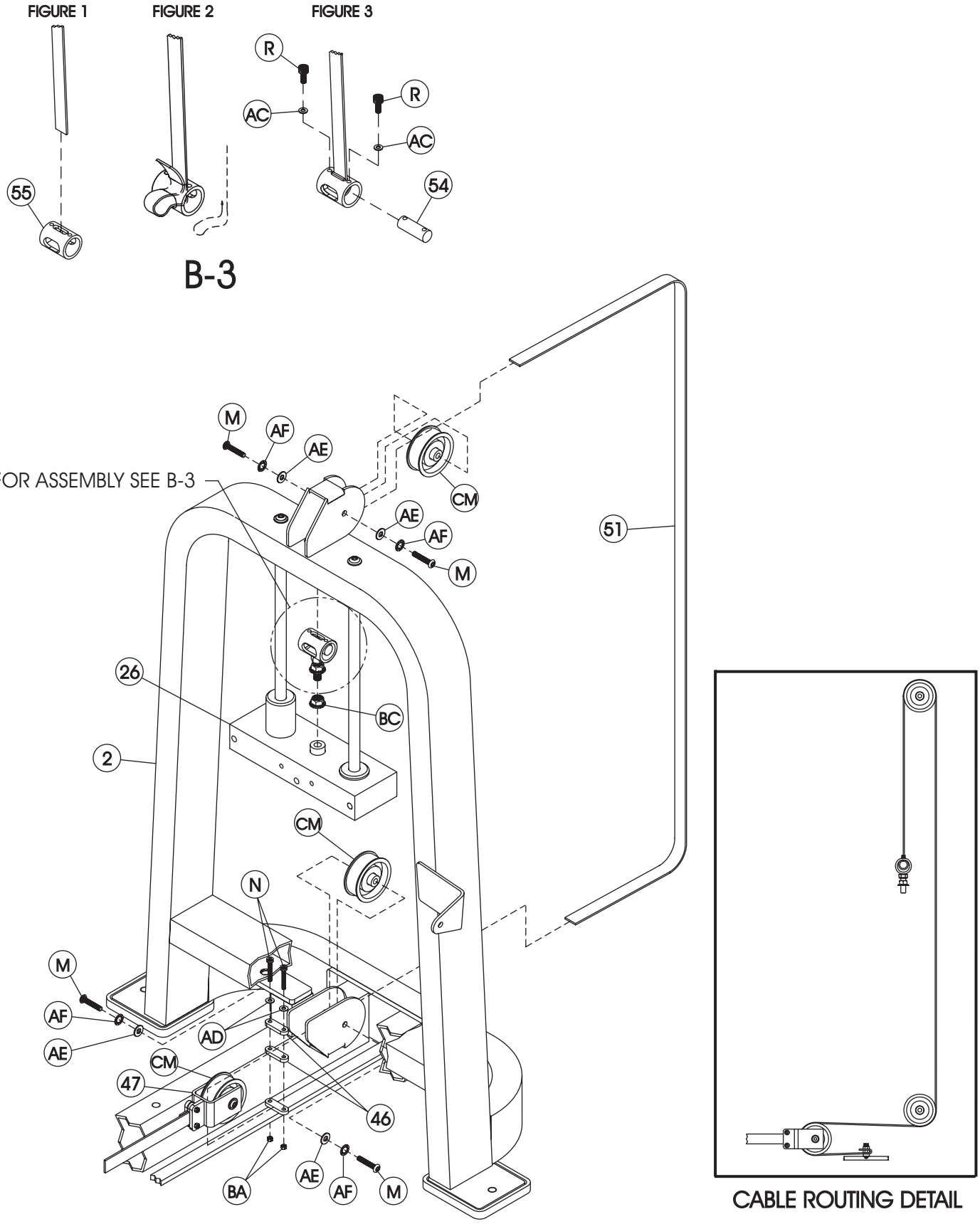


FIGURE 1
FIGURE 2
FIGURE 3
R
AC
R
AC
54
55
B-3
FOR ASSEMBLY SEE B-3
M
AF
AE
CM
AE
AF
M
51
26
BC
2
CM
N
M
AF
AE
AD
CM
47
46
BA
AE
AF
M
CABLE ROUTING DETAIL

Step 2g

FRAME ASSEMBLY

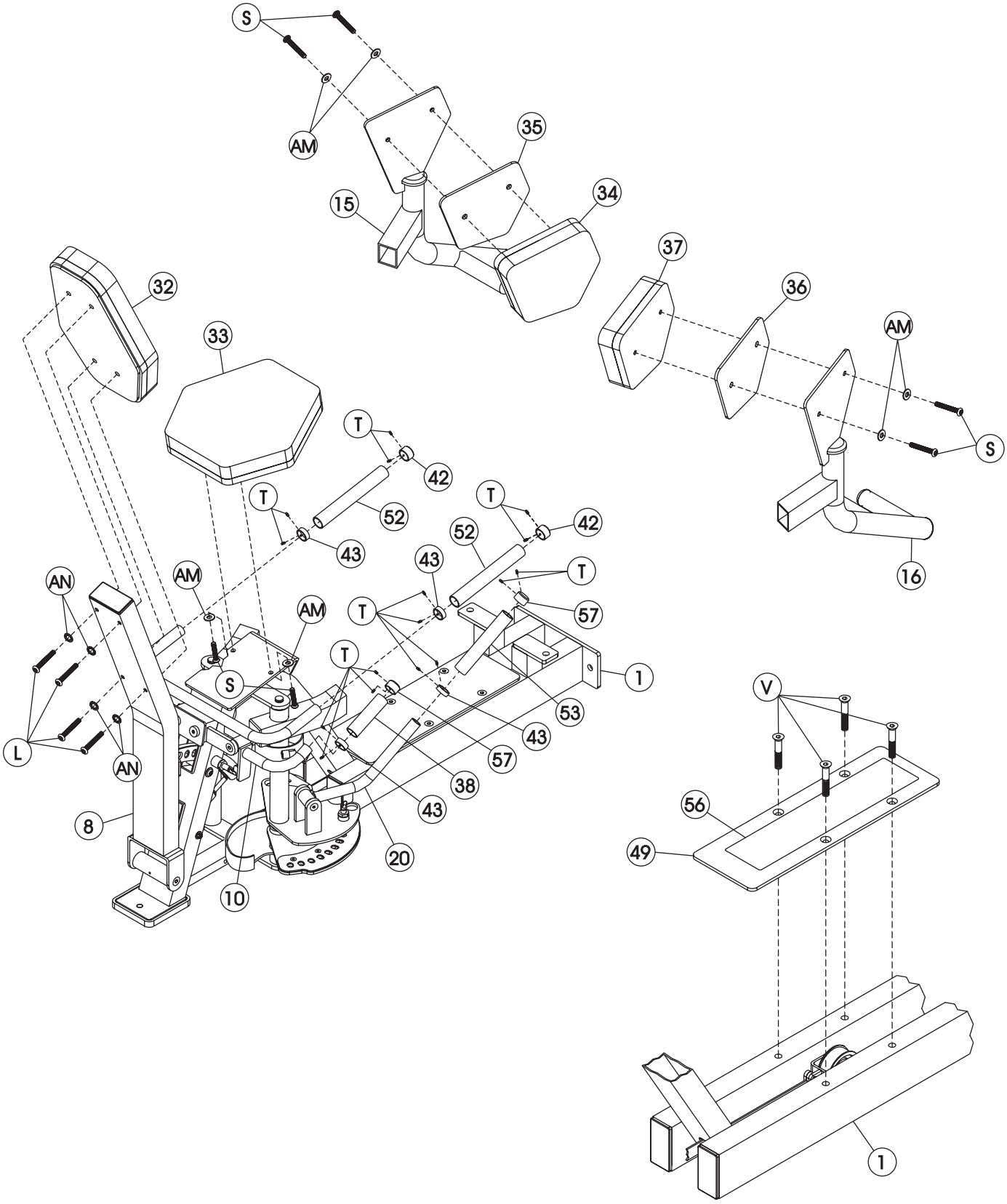
In this step, you will attach (32) to (8) and (33) to (1). Next attach (34) and (35) to (15). Then attach (37) and (36) to (16). Next slide (43), (52), (42) or (57) onto the handles located on (1) and secure. Slide (43), (53), (42) or (57) onto (20) and secure. Attach (56) to (49). ***Wrench tighten*** bolts.

Part Descriptions

1 - Seat Assembly
8 - Back Adjuster Assembly
10 - Back Adjuster Assembly
15 - Left Inner Thigh Assembly
16 - Right Inner Thigh Assembly
20 - Adjuster Handle Assembly
32 - Back Upholstery Assembly
33 - Seat Upholstery Assembly
34 - Left Knee Upholstery
35 - Left Knee Backing
36 - Right Knee Backing
37 - Right Knee Upholstery
38 - Rubber Grip (5 1/2" LG.)
42 - Aluminum End Cap
43 - Aluminum Ring
49 - 6.50 x 20 Foot Plate
52 - Rubber Grip (11 9/16" LG.)
53 - Rubber Grip (4" LG.)
56 - Rubberized Non-Skid (4" x 18")
57 - Aluminum End Cap (Red)

Hardware Descriptions

L - 5/16"-18 x 3" Button Head Screw (White Zinc)
S - 5/16"-18 x 1 1/4" Button Head Screw (White Zinc)
T - 10-32 x 1/8 Set Screw
V - 3/8"-16 x 1" Flat Head Cap Screw (White Zinc)
AM - 5/16" Flat Washer (White Zinc)
AN - 5/16" Lock Washer (White Zinc)


S
AM
35
34
15
37
36
AM
32
33
S
16
T
42
T
52
T
42
52
43
43
T
AN
AM
AM
T
57
T
1
S
53
L
43
57
AN
38
43
8
20
10
V
56
49
1

Step 2h

FRAME ASSEMBLY

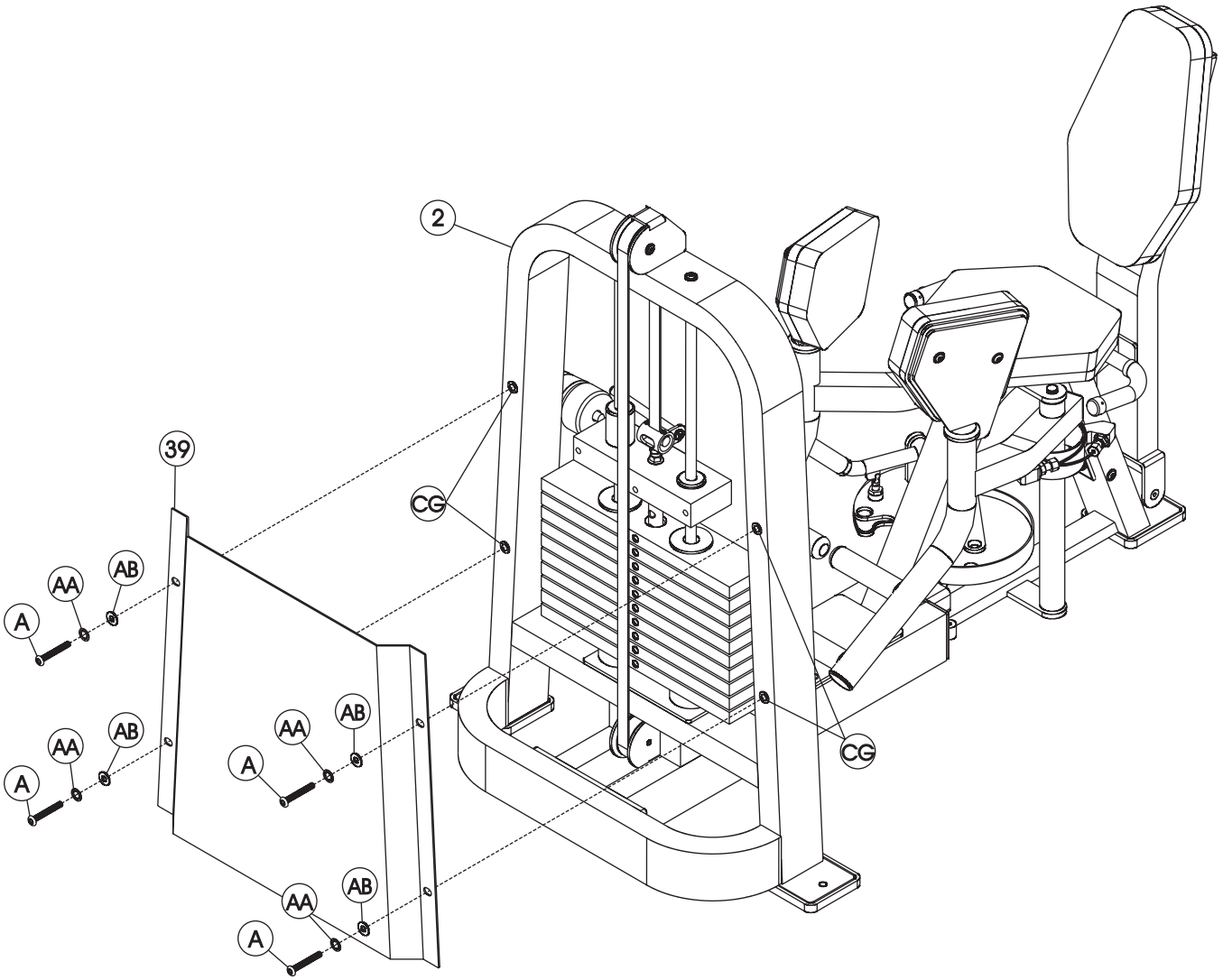
(Factory Installation) insert (CG) into (2). Then attach (39) to (2). *Wrench tighten* bolts.

Part Descriptions

2 - Weight Cage
39 - Standard Shield

Hardware Descriptions

A - 1/2"x 1 1/2" Button Head Screw
AA - 1/2" Lock Washer
AB - 1/2" Flat Washer
CG - Insert 1/2"


2
39
CG
CG
A
AA
AB
A
AA
AB
A
AA
AB
A
AA
AB

Step 2m

FRAME ASSEMBLY

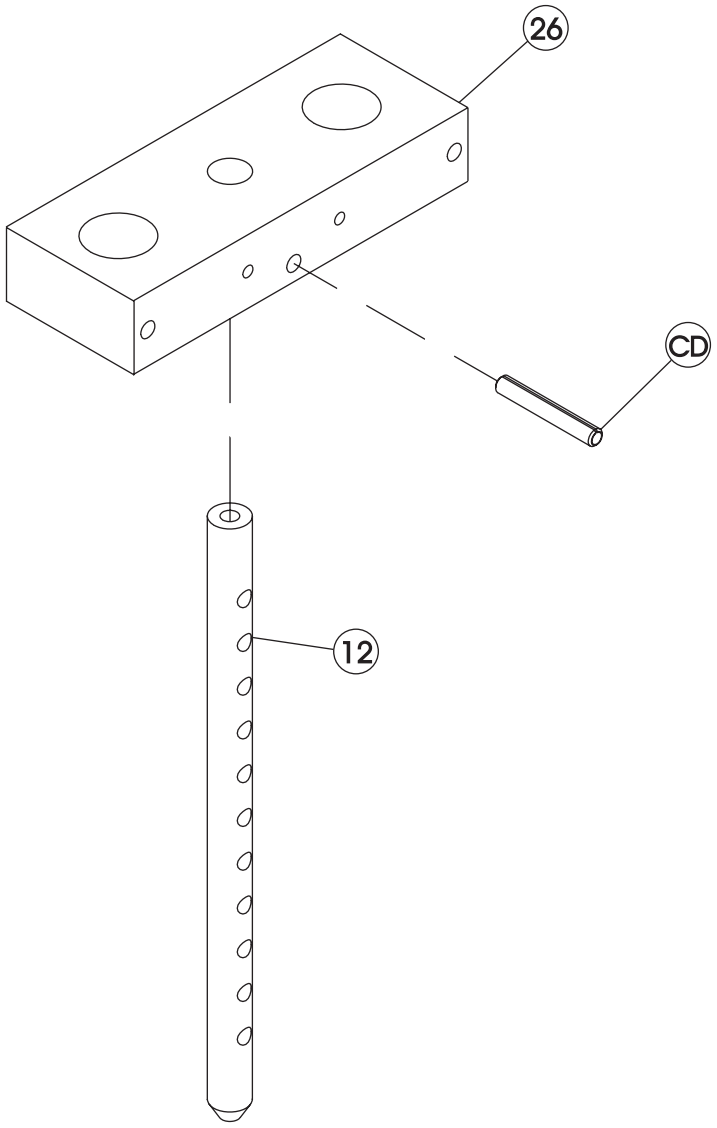
Slide (12) up into (26) and secure with (CD).

Part Descriptions

12 - Stem
26 - 20lbs. Steel Top Plate

Hardware Descriptions

CD - Top Weight Roll Pin


26
CD
12

PART LISTING

Key #	Qty.	Part Number	Description
1	1	26-STD-SX667	Seated Assembly
2	1	26-STD-SX669	Weight Cage
3	4	26-STD-PLAS195	Rubber Foot Pad
4	2	26-STD-PLAS187RV	2" x 4" End Caps (VH)
5	2	26-STD-SM386	Shaft
6	1	26-STD-SM382	Shaft
7	1	26-STD-PLAS187RH	2" x 4" End Cap (HH)
8	1	26-STD-SX668	Back Adjuster Assembly
9	1	26-STD-SM339	Shaft
10	1	26-STD-SX673	Back Adjuster Assembly
11	1	26-STD-SM129	Pull Pin (long)
12	1	26-STD-SW112	Stem (11)
13	2	16-CAP-22	2" x 2" End Cap
14	6	26-STD-PLAS183	End Cap Plug
15	1	26-STD-SX676	Left Outer Thigh Assembly
16	1	26-STD-SX675	Right Outer Thigh Assembly
17	2	26-STD-SM385	Arm Axle
18	1	26-STD-SM128	Pull Pin (short)
19	1	26-STD-PLAS193	Cam Stopper
20	1	26-STD-SX672	Adjustable Handle Assembly
21	1	26-STD-SX510	ROM/CAM Assembly
22	1	26-STD-SX155	Center RH (BRK) Assembly
23	2	26-STD-SM295	Add On Rods
24	3	26-STD-SWADD7	Add On Weights
25	1	26-STD-SM134	Weight Selector Pin
26	1	26-STD-SWTOP13	20lbs. Steel Weight Plate
27	10	26-STD-SW104	20lbs. Intermediate Wieght Plates
28	2	26-STD-PLAS201	Weight Bumpers
29	2	26-STD-PLAS134	Guide Rod Bushings
30	1	26-STD-SA193	Stainless Steel Adjustable Plate
31	2	26-STD-SG136	Guide Rods
32	1	26-STD-SU107818	Upholstery Assembly
33	1	26-STD-SU131214	Upholstery Assembly
34	1	26-STD-SU991332L	Left Knee Upholstery
35	1	26-STD-SUB991332L	Left Knee Backing
36	1	26-STD-SUB991332R	Right Knee Upholstery
37	1	26-STD-SU991332R	Right Knee Backing
38	1	26-STD-PLAS206-9	Rubber Grips (5 1/2" LG.)
39	1	26-STD-SSH174	Standard Shield
40	2	26-STD-SM199	Quick Release Cable Lock
41	2	26-STD-SC192	Arm Cable
42	2	26-STD-SM323	Aluminum End Cap
43	4	26-STD-SM324	Aluminum Ring
44	2	26-STD-SM209	Pull Pin to Chain Link Connection
45	1	26-STD-SA195	Stainless Steel Adjustable Plate
46	6	26-STD-SP467	Belt Clamp
47	1	26-STD-SX674	Pulley Bracket
48	1	15-BLT-1516	Cam Belt 30"x 15/16" x 1/8"
49	1	26-STD-SP592	Foot Plate
50	1	26-STD-SP599	U-Bracket
51	1	15-BLT-1516	Cam Belt 90" x 15/16" x 1/8"
52	2	26-STD-PLAS206-4	Rubber Grips (11 9/16" LG.)
53	1	26-STD-PLAS206-7	Rubber Grip (4" LG.)
54	1	26-STD-SM294	Belt Retainer Shaft
55	1	26-STD-SM293	1 5/8" x 2 1/16" LG. Tube
56	1	20-NON-418B	4" x 18 Rubberized Non-Skid
57	2	26-STD-SM323R	Aluminum End Cap (Red)

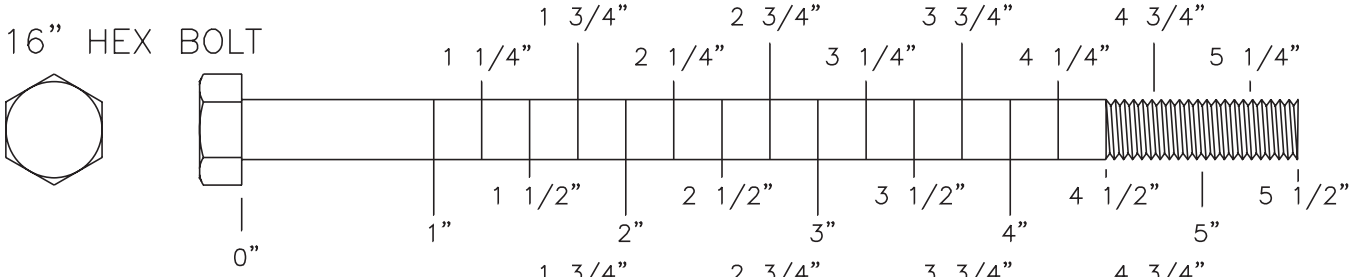
HARDWARE LISTING

Key #	Qty.	Part Number	Description
A	8	11-BTN-12112WZ	1/2"-13 x 1 1/2" Button Head Screw
B	2	11-BTN-5162WZ	5/16"-18 x 2" Button Head Screw
D	2	11-FLA-3812WZ	3/8"-16 x 1/2" Flat Head Cap Screw
E	6	11-FLA-3834WZ	3/8"-16 x 3/4" Flat Head Cap Screw
F	1	11-BTN-381WZ	3/8"-16 x 1" Button Head Screw
G	2	11-FLA-121WZ	1/2"-13 x 1" Flat Head Cap Screw
H	1	11-BTN-381	3/8"-16 x 1" Button Head Screw
J	3	11-BTN-38234WZ	3/8"-16 x 2 3/4" Button Head Screw
K	2	11-BTN-5161	5/16"-18 x 1" Button Head Screw
L	4	11-BTN-5163WZ	5/16"-18 x 3" Button Head Screw
M	6	11-BTN-3834WZ	3/8"-16 x 3/4" Button Head Screw
N	6	11-SKT-14114	1/4"-20 x 1 1/4" Socket Head Screw
Q	3	11-FLA-141WZ	1/4"-20 x 1" Flat Head Cap Screw
R	2	11-SKT-141	1/4"-20 x 1" Socket Head Screw
S	7	11-BTN-516114WZ	5/16"-18 x 1 1/4 Button Head Screw
T	16	11-SET10(32)18	10/32 x 1/8 Set Screw
U	1	11-HEX-516412WZ	5/16"-18 x 4 1/2" Hex Head Screw
V	4	11-FLA-381WZ	3/8"-16 x 1" Flat Head Screw
AA	8	13-LOK-121INT	1/2" Lock Washer
AB	8	13-FLT-12SAEWZ	1/2" Flat Washer
AC	2	13-FLT-14SAEWZ	1/4" Flat Washer
AD	6	13-FLT-14INTB	1/4" Flat Washer
AE	10	13-FLT-38SAEWZ	3/8" Flat Washer
AF	7	13-LOK-38INT	3/8" Lock Washer
AG	2	13-FLT-516SAE	5/16" Flat Washer
AH	2	13-LOK-516INTB	5/16" Lock Washer
AJ	2	13-LOK-38WZ	3/8" Split Washer
AK	1	13-FLT-38SAEB	3/8" Flat Washer
AL	1	13-LOK-38INTB	3/8" Lock Washer
AM	12	13-FLT-516SAEWZ	5/16" Flat Washer
AN	4	13-LOK-516INT	5/16" Lock Washer
BA	9	12-LOK-14WZ	1/4" Lock Nut
BC	1	12-FLG-12(13)SB	Serrated Hex Nut
BD	2	12-LOK-516WZ	5/16" Lock Nut
CA	2	19-PAD-1	Bumper Stopper
CB	1	20-GSP-Y2063	Gas Spring
CC	6	14-BRG-34138	Bearing
CD	1	30-RPN-7163	Top Weight Roll Pin
CE	1	14-BRG-PAC4962	Guide Bearing (tall)
CF	1	14-BRG-PAC4982	Guide Bearing (short)
CG	8	1/2-13UNC	Insert
CH	2	20-LNK-CONN43	Master Chain Link
CJ	4	14-RNG-ERETRG (3/4)	Retaining Ring
CK	1	20-GLD-38112	Adjustable Stop
CL	1	10-LRD-12	Selector Pin Lanyard
CM	3	18-PUL-325/W38T	3 1/4" Pulley
CN	1	18-PUL-325/W38	3 1/4" Pulley
CP	4	3/8-13UNC	Insert
CQ	2	16-CAP-2T	2" DIA. End Cap
CR	1	26-STD-PLAS133	Delrin Stop (Long)
CS	4	26-STD-PLAS127	4 3/4" LG Knurled Sleeves
CT	2	14-OIL-34F	3/4" Oilite

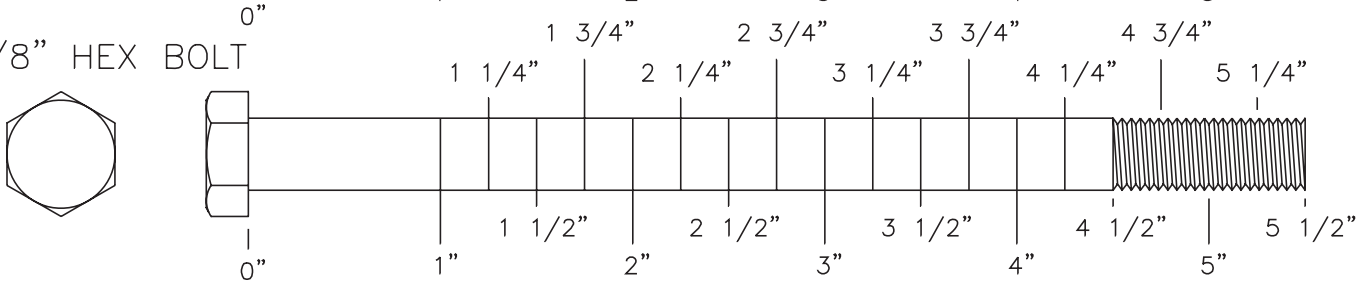
OWNERS MANUAL

BOLT SIZING CHART

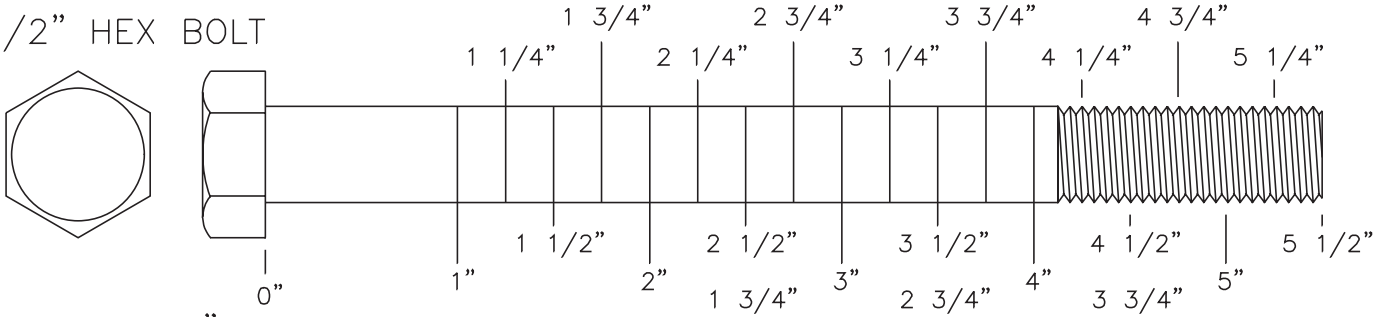
5/16" HEX BOLT



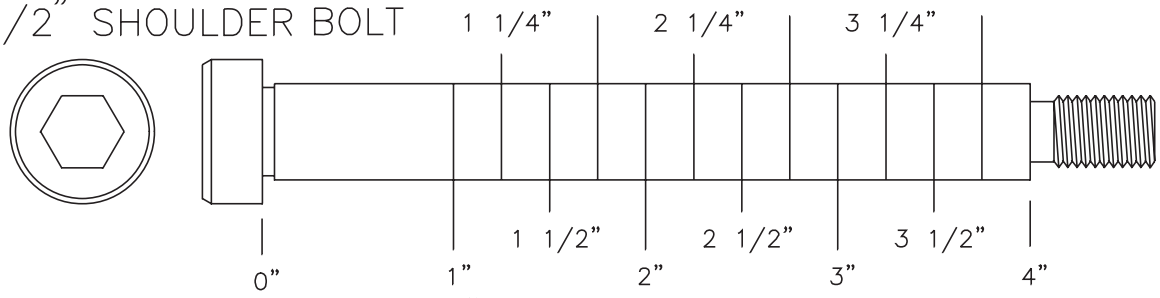
3/8" HEX BOLT



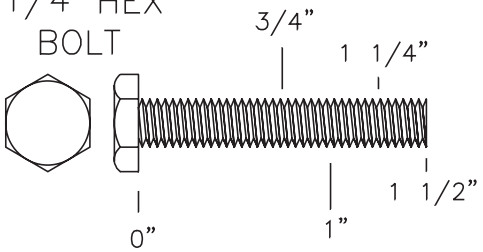
1/2" HEX BOLT



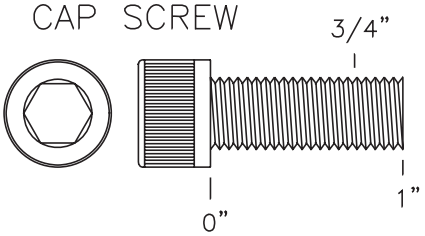
1/2" SHOULDER BOLT



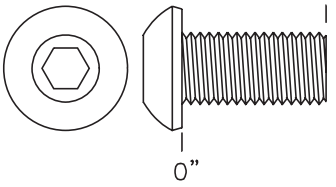
1/4" HEX BOLT



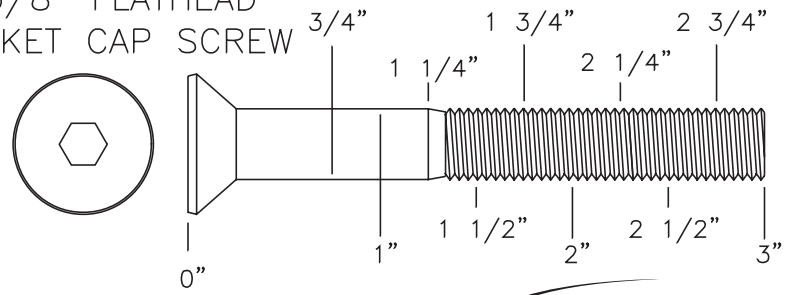
3/8" SOCKET CAP SCREW



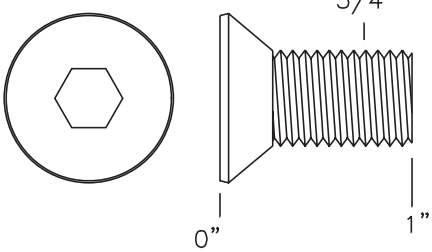
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW

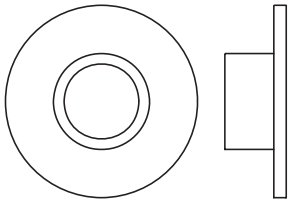


1/2" FLATHEAD SOCKET CAP SCREW

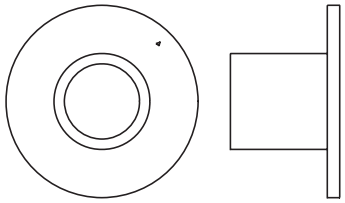


WASHER SIZING CHART

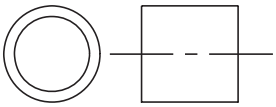
1/4" LONG FLANGED PULLEY SPACER



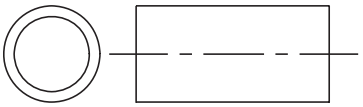
1/2" LONG FLANGED PULLEY SPACER



1/2" LONG PULLEY SPACER

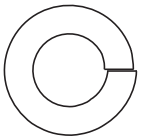


1" LONG PULLEY SPACER

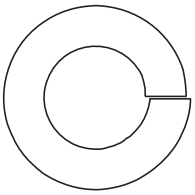


1/4" LOCK WASHER

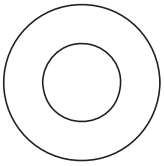
3/8" LOCK WASHER



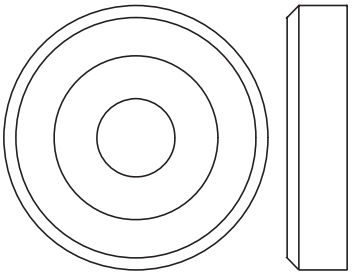
1/2" LOCK WASHER



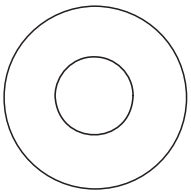
5/16" FLAT WASHER



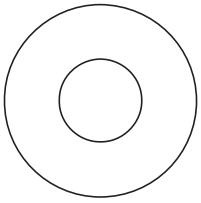
1 3/8" ALUMINUM FLATHEAD CAP



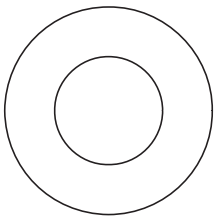
5/16" FLAT WASHER LARGE, USS, 25mm



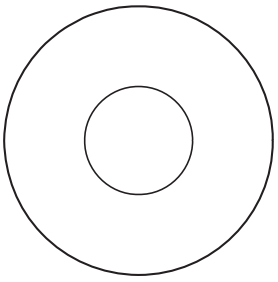
3/8" FLAT WASHER



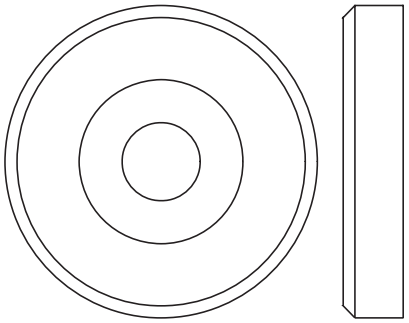
1/2" FLAT WASHER SMALL, SAE, 26mm

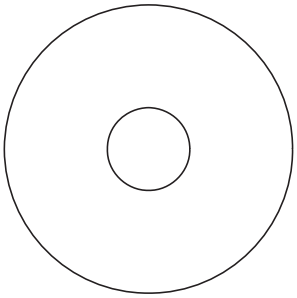


1/2" FLAT WASHER LARGE, USS, 34mm



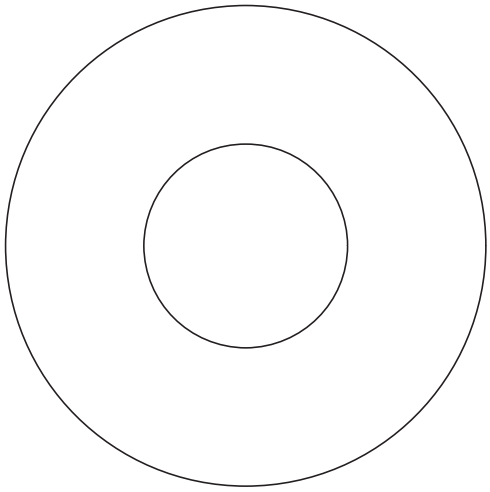
1 5/8" ALUMINUM FLATHEAD CAP



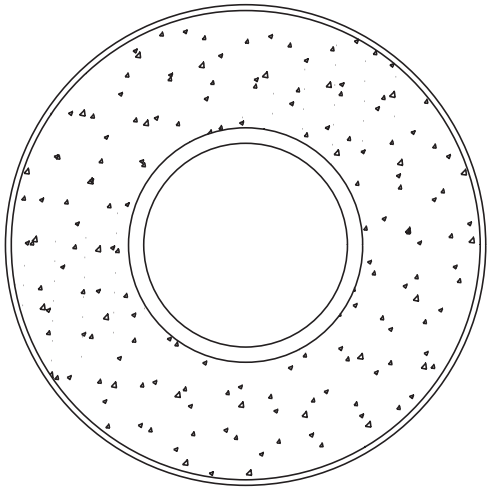


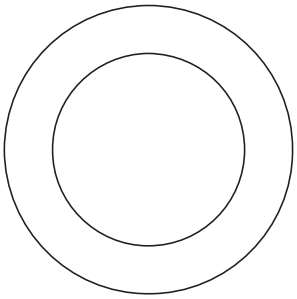
3/8" FENDER WASHER

1 1/16' FENDER WASHER



PLASTIC 1 1/16" FENDER WASHER

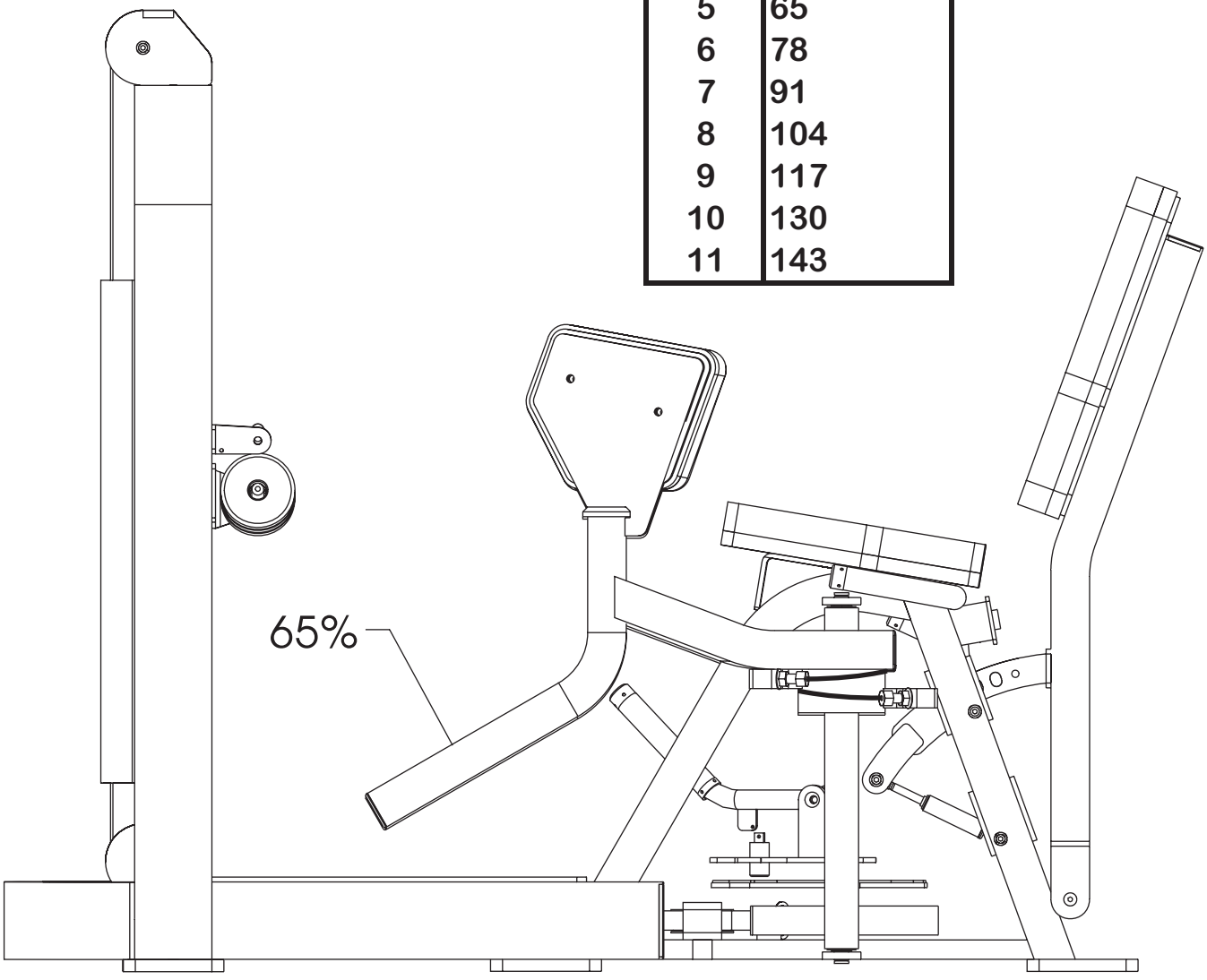




1" SHIM WASHER

WEIGHT RATIOS

	65%
1	13
2	26
3	39
4	52
5	65
6	78
7	91
8	104
9	117
10	130
11	143



The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Weight Training Exercise Log

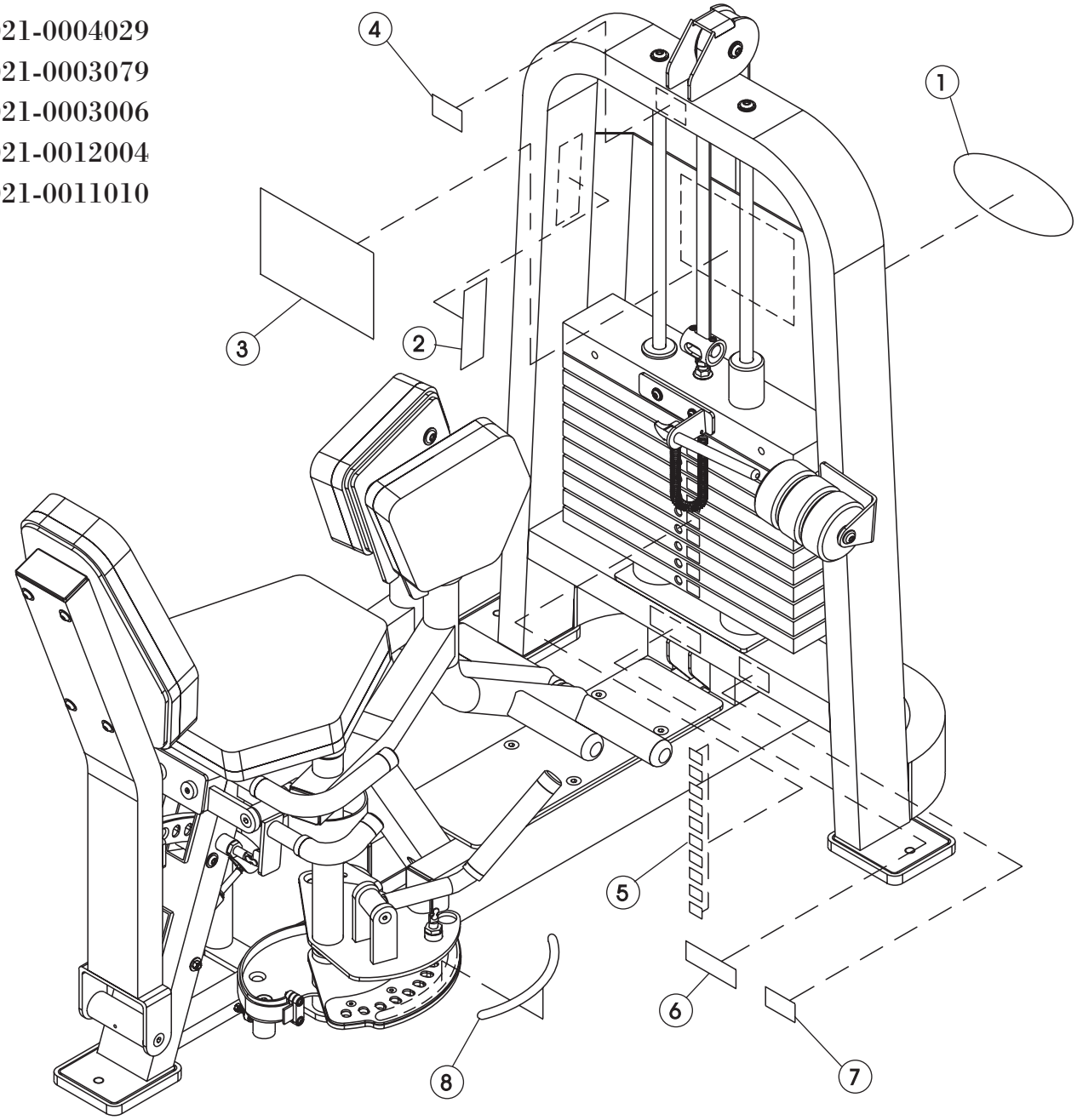
S=Sets R=Repetition per set W=Weight used

| Exercise | Date | | |

DECAL PLACEMENTS

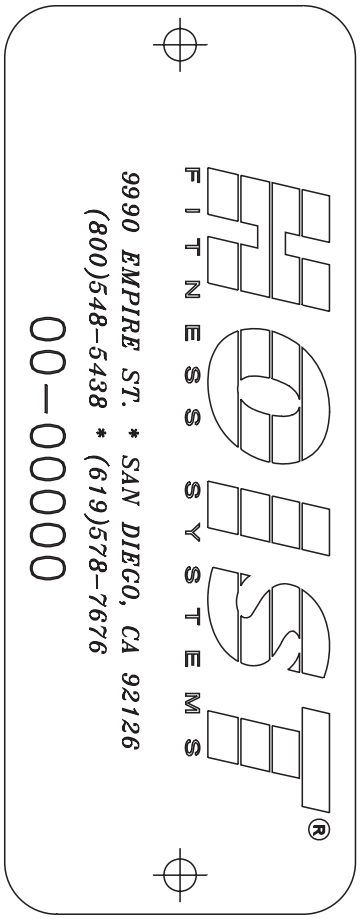
Decal Descriptions

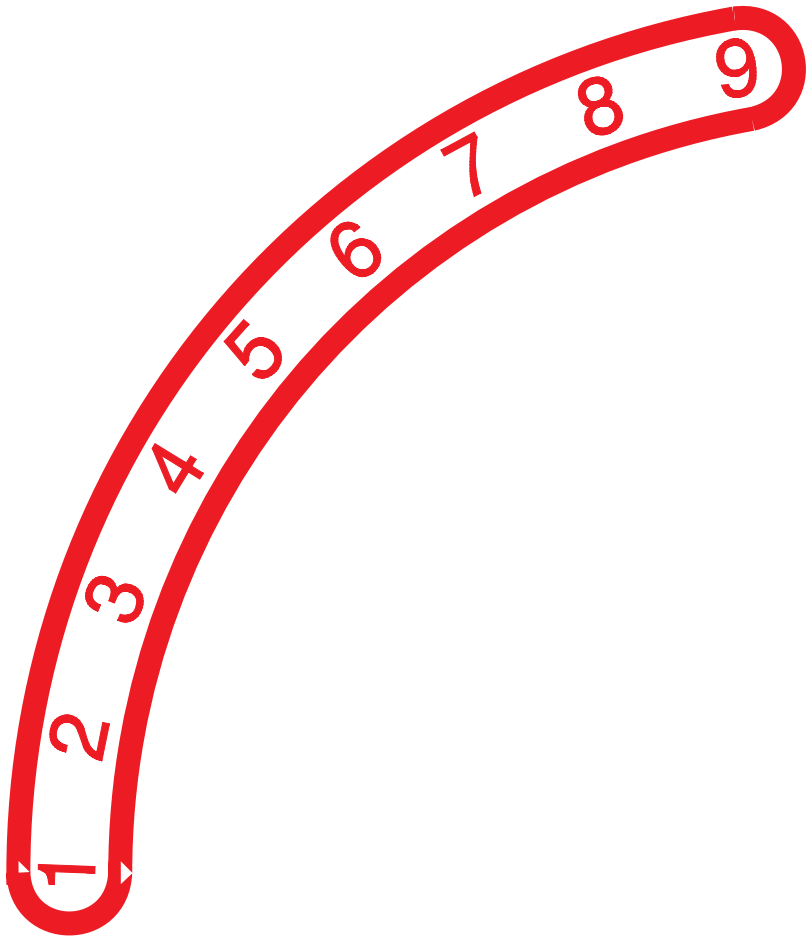
1 - 021-0004026
2 - 021-0003008
3 - 26-STD-SX431
4 - 021-0004029
5 - 021-0003079
6 - 021-0003006
7 - 021-0012004
8 - 021-0011010



DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.





021-0012004

021-0011010

SERIAL # DECAL; Always refer to the number Shown on your piece of equipment when talking to customer service or ordering parts.

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

ROUTINE MAINTENANCE	*Daily*	*Weekly*	*6 Months*	*Yearly*
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean; Upholstery	X			
Lubricate; Guide Rods with Waylube Oil only				X
Inspect; Accessory Bars and Handles		X		
Inspect; All Decals		X		
Inspect; All Nuts and Bolts, Tighten if Needed		X		
Inspect; Anti- Skid Surfaces		X		
Inspect; Cables or Belts Tension		X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings		X		
Clean and Wax; All Glossy Finishes			X	
Repack with Grease; Linear Bearings			X	
Replace; Cables or Belts Connecting Parts				X

021-0003008

021-0003079

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

HOIST®

021-0004029

HOIST®

021-0004026

WARNING: TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP

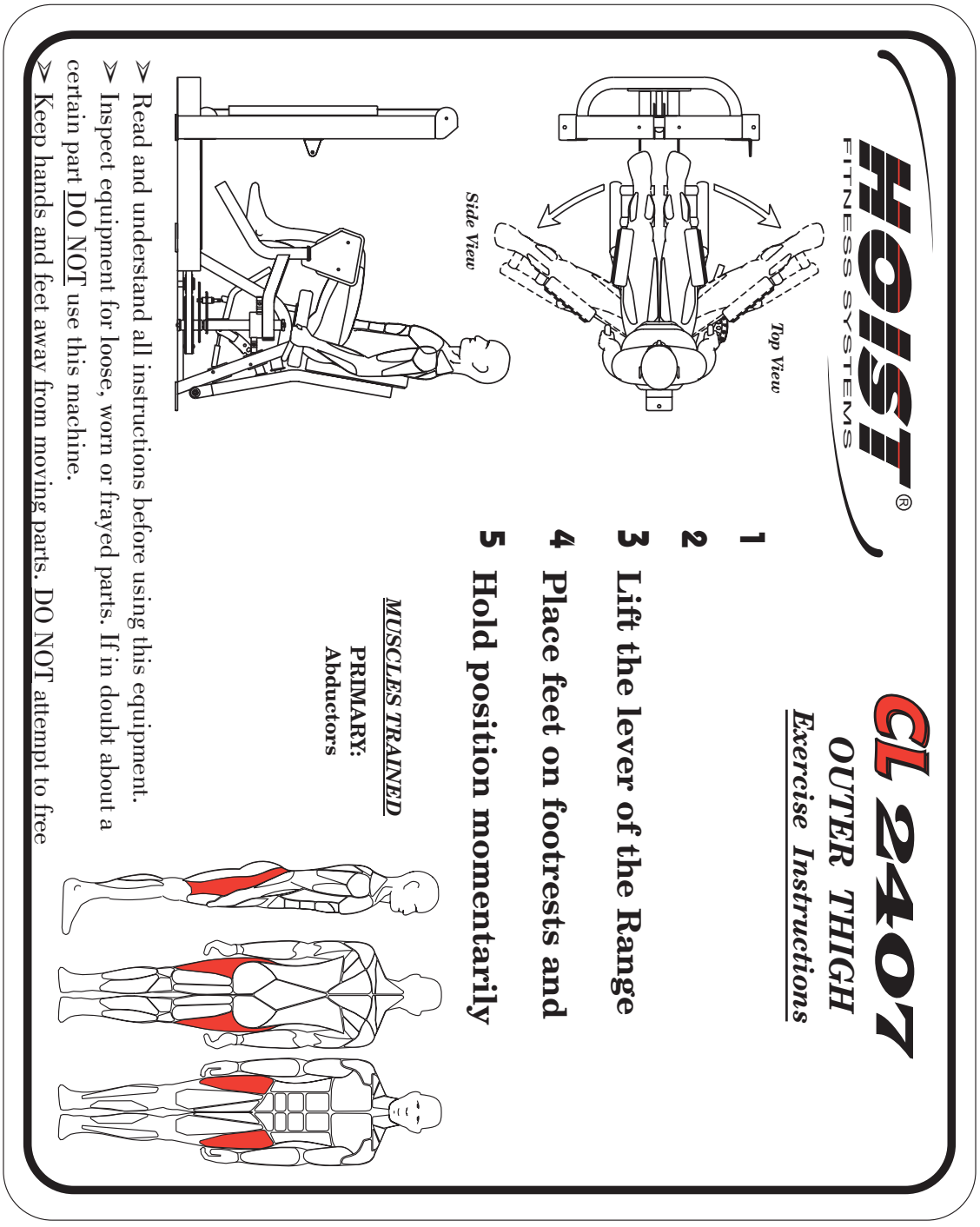
There is a risk assumed by individuals who use this type of equipment. To minimize this risk, always follow these simple rules.

1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT DAILY for loose, worn or frayed parts. Replace all parts at the first signs of wear. If in doubt about a certain part, **DO NOT** use the machine until the part is replaced. Failure to replace worn parts may result in injury.
3. DO NOT ATTEMPT to free any jammed part by yourself. Obtain assistance as the part may
4. BE CERTAIN to keep your head, hands and limbs clear of moving parts. Be alert to the possibility of injury. **DO NOT BE CARELESS.**
5. If you feel faint or dizzy, stop exercising at once.
6. Teenagers should not use this machine without adult supervision. **CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT.**

021-0003006

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.


HOIST
FITNESS SYSTEMS
CL 2407
OUTER THIGH
Exercise Instructions
Top View
Side View
1
2
3 Lift the lever of the Range
4 Place feet on footrests and
5 Hold position momentarily
MUSCLES TRAINED
PRIMARY:
Abductors
➢ Read and understand all instructions before using this equipment.
➢ Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part DO NOT use this machine.
➢ Keep hands and feet away from moving parts. DO NOT attempt to free

021-0013077

HOIST FITNESS SYSTEMS
GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

* *Check all pieces for signs of visible wear or damage.*

* *Check springs in snap hooks and pull-pins for proper tension and alignment.*

* *If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

* *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*

* *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*

* *Replace ripped or worn upholstery immediately.*

* *Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

* *Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

* *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

* *Inspect all nuts and bolts for any loosening and tighten if needed.*

* *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.*

Anti-Skid Surfaces:

* *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Cables:

* *Hoist uses only Aircraft Quality Cable which meets or exceeds military specifications. Although our cables are designed to last for years, to ensure optimum performance and as a routine safety precaution we recommend that all cables be replaced yearly.*

* *Visually inspect the cable for fraying, cracking, peeling or discoloration.*

* *While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas.*

* *Replace cables immediately at the first signs of damage or wear. Do not use equipment until cables have been replaced.*

Continued: GENERAL MAINTENANCE INFORMATION

Cable Tension:

* *Referring to the Assembly/Owners Manual, check all cable bolts and attachments to be sure they are properly attached.*

* *Check slack in cables and readjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

* *Wipe down adjusting tubes with a dust free rag before applying lubricant.*

* *Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

* *Referring to the Assembly/ Owners manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS.

Hoist Fitness Systems
LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the original purchaser to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time.
This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.
Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.
Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.
NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, express, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.
WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
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PLEASE KEEP THIS FOR YOUR RECORDS.